

(Breakthrough, March 1983)

HP-10 IS EFFECTIVE

by Editor

Here is a brief outline on the High Performance Ten (HP-10) tapes by one of our members. This is her account.

First of all I must state I am very surprised over the strength of the results and I am very pleased indeed.

Day 1 - Used Basic — 1; Sleep — 1
Day 2 - Used Basic — 2; Sleep — 1
Day 3 - Used Basic — 2; Sleep — 2
Day 4 - Used Basic — 3; Sleep — 1
Day 5 - Used Basic — 1; Sleep — 1
Total: Basic - 9 times; Sleep - 6 time s

Noticed results from Day 2. I get a strong, cold sensation across my forehead and sometimes over my entire head, including face.

Normally, I try to stay with 4-5 hours sleep schedule because I feel so good mentally and physically. Using the tapes assisted me in this and increased my sense of well being.

1. ONE-AWAKE-ALERT

If using this after the sleep period, I get immediate results. If using this in order to stay awake and need to sleep is great, results are fair. Used ONE-AWAKE, while in the dream state, awakened immediately.

2. TWO-FOCUS

When using before meditating, results are deeper and stronger. Vision much clearer and aural effects very loud. Great for study. Receive steady insights on any questions I may put to myself, either during meditation or in Focus 1.

3. THREE-RECALL

Helps recalling dreams, if used BEFORE sleep. No success if used after. Spontaneously found myself singing songs from the distant past, that I had

consciously forgotten (three-recall?). Still working on this to increase recall regarding names, dates etc.

4. *FOUR-RELEASE*

Did not use this enough in the beginning. See my note in later paragraph.

5. *FIVE-THINK*

I really like this one - results are very powerful.

6. *SIX-STRONG-QUICK*

This certainly helps when I take care of my active 3 yr. old grandson.

7. *SEVEN-LET-GO*

I find when I do get angry, it is definitely not as severe nor does it last as long.

8. *EIGHT-GREAT*

My goodness, I really like myself after using this one. My happiness is there for all to see and feel.

9. *NINE-SPEAK-UP*

Another powerful one for me. I have to hold this down or my conversations appear to be non-stop. It has helped, especially in communicating with the family.

10. *TEN-RELAX*

I use this one before sleep and meditation with success. Effectiveness reduced when using to lower stress in Focus 1. Working on this for better results.

Three or four days after completing the tape sessions, I found my energy much too strong, my solar plexis rigid and painful (thinking perhaps I was having a heart attack) and I became hyper. At this point, I stopped and realized I had not been using #4 - *Release*. For several days I used #4 - *Release* and #10 - *Relax* and listened to the *Energy Walk* tape and returned to normal. I waited for several weeks and began again, this time using the tools gradually and sensibly. The results are very strong and productive.

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